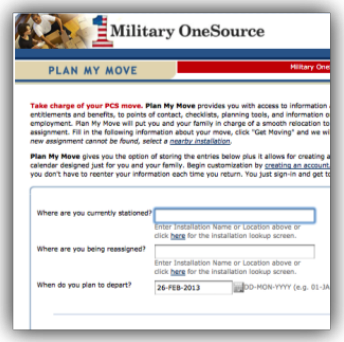
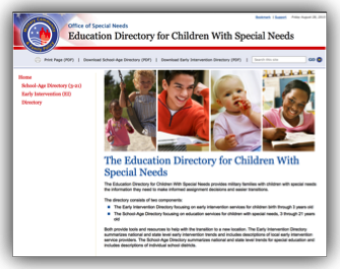
Military OneSource Overview

Range of support: something for everyone

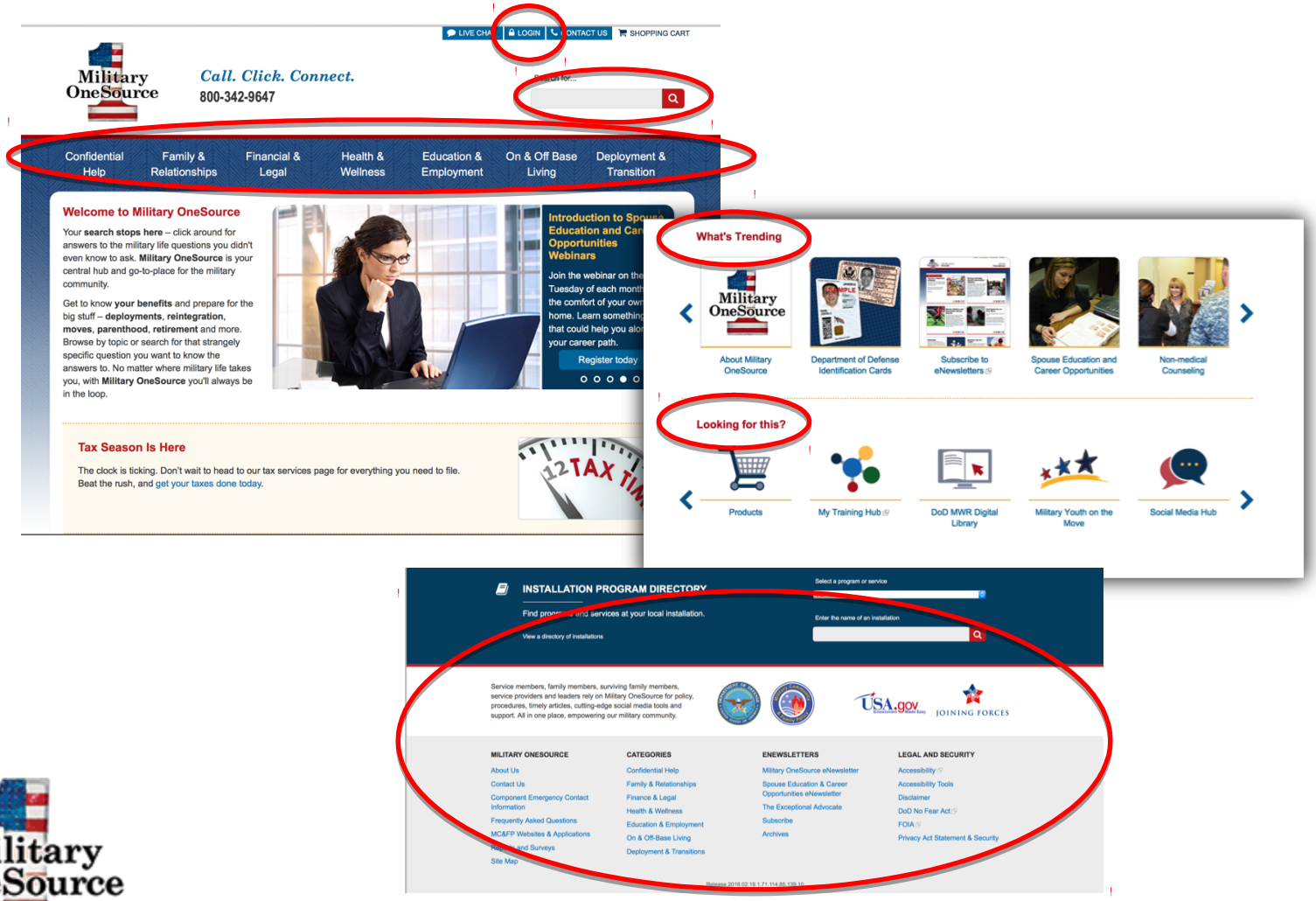
Our websites





Military OneSource

Military OneSource home page


LOGIN
SHOPPING CART
Military OneSource
Call. Click. Connect.
800-342-9647
Confidential Help
Family & Relationships
Financial & Legal
Health & Wellness
Education & Employment
On & Off Base Living
Deployment & Transition
Welcome to Military OneSource
Your search stops here – click around for answers to the military life questions you didn't even know to ask. Military OneSource is your central hub and go-to-place for the military community.
Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more. Browse by topic or search for that strangely specific question you want to know the answers to. No matter where military life takes you, with Military OneSource you'll always be in the loop.
Register today
Tax Season Is Here
The clock is ticking. Don't wait to head to our tax services page for everything you need to file. Beat the rush, and get your taxes done today.
What's Trending
About Military OneSource
Department of Defense Identification Cards
Subscribe to eNewsletters
Spouse Education and Career Opportunities
Non-medical Counseling
Looking for this?
Products
My Training Hub
DoD MWR Digital Library
Military Youth on the Move
Social Media Hub
INSTALLATION PROGRAM DIRECTORY
Find programs and services at your local installation.
View a directory of installations
Select a program or service
Enter the name of an installation
Service members, family members, surviving family members, service providers and leaders rely on Military OneSource for policy, procedures, timely articles, cutting-edge social media tools and support. All in one place, empowering our military community.
USA.gov
JOINING FORCES
MILITARY ONESOURCE
About Us
Contact Us
Component Emergency Contact Information
Frequently Asked Questions
MC&FP Websites & Applications
Site Map
CATEGORIES
Confidential Help
Family & Relationships
Finance & Legal
Health & Wellness
Education & Employment
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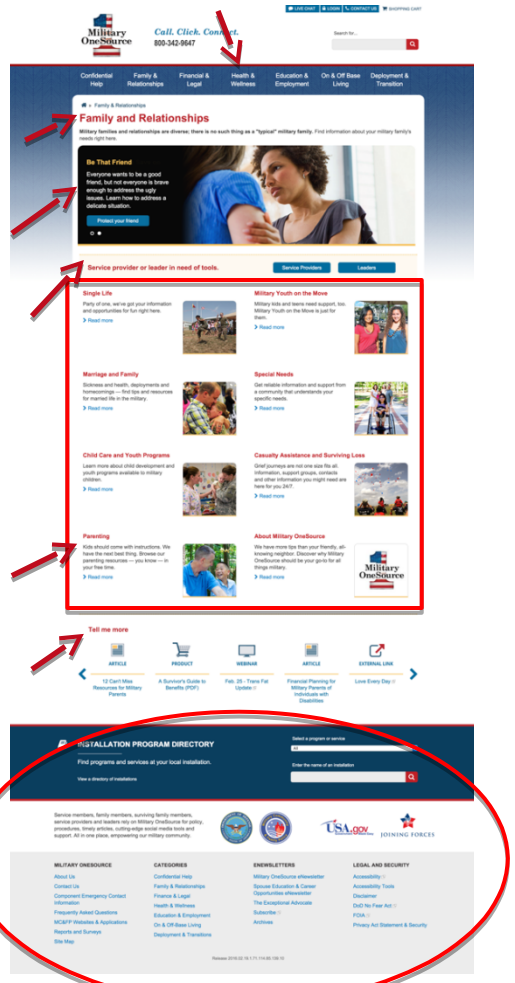
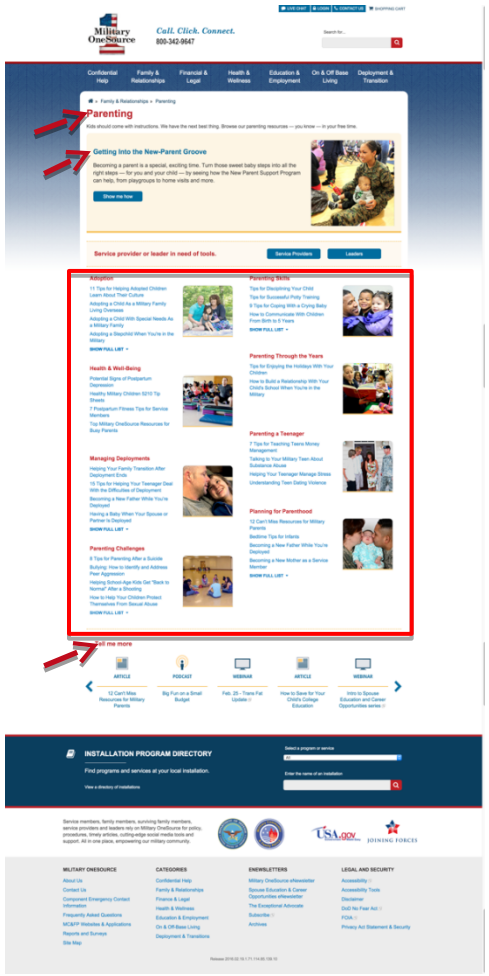
ENEWSLETTERS
Military OneSource eNewsletter
Spouse Education & Career Opportunities eNewsletter
The Exceptional Advocate
Subscribe
Archives
LEGAL AND SECURITY
Accessibility
Accessibility Tools
Disclaimer
DoD No Fear Act
FOIA
Privacy Act Statement & Security

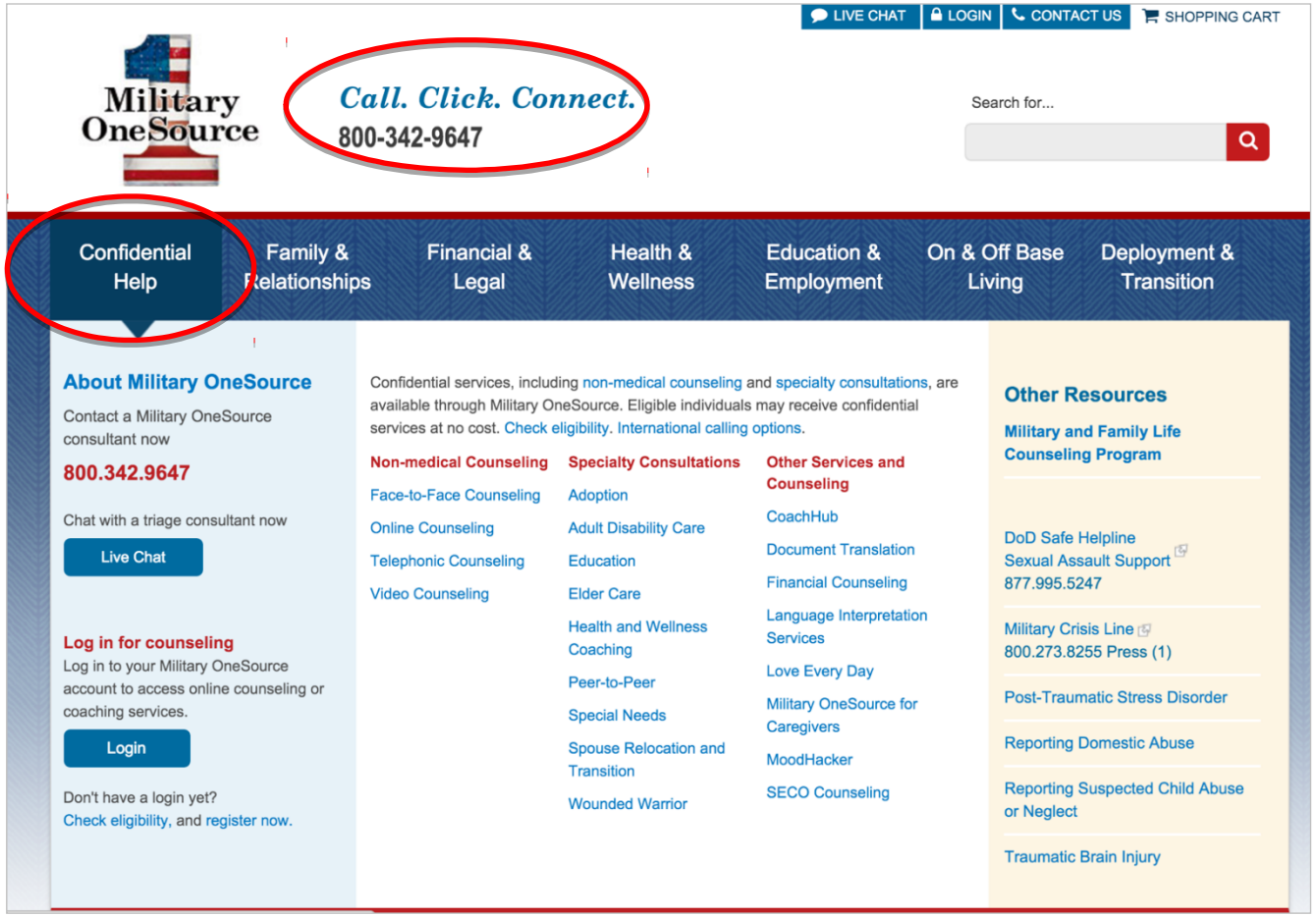
Category and topic pages





Military OneSource

Confidential non-medical counseling



Confidential non-medical counseling is…

- Short term
- Available for up to 12 sessions per issue
- Appropriate for:
  - Relationship issues
  - Stress management
  - Decision making
  - Communication issues
  - Parenting skills and more

Confidential non-medical counseling is not…

- A long-term counseling option
- Part of TRICARE or a medical treatment facility discharge plan
- Available for those already under care
- For individuals facing any of the following issues:
  - Post-traumatic stress disorder
  - Psychological or fitness-for-duty evaluations
  - Addictions
  - Mental diagnoses requiring medication
  - Determining a medical diagnosis
  - Crisis situations

Access: confidential non-medical counseling

Call 800-342-9647 to speak with a consultant who can schedule your confidential non-medical counseling or peer-to-peer support session.

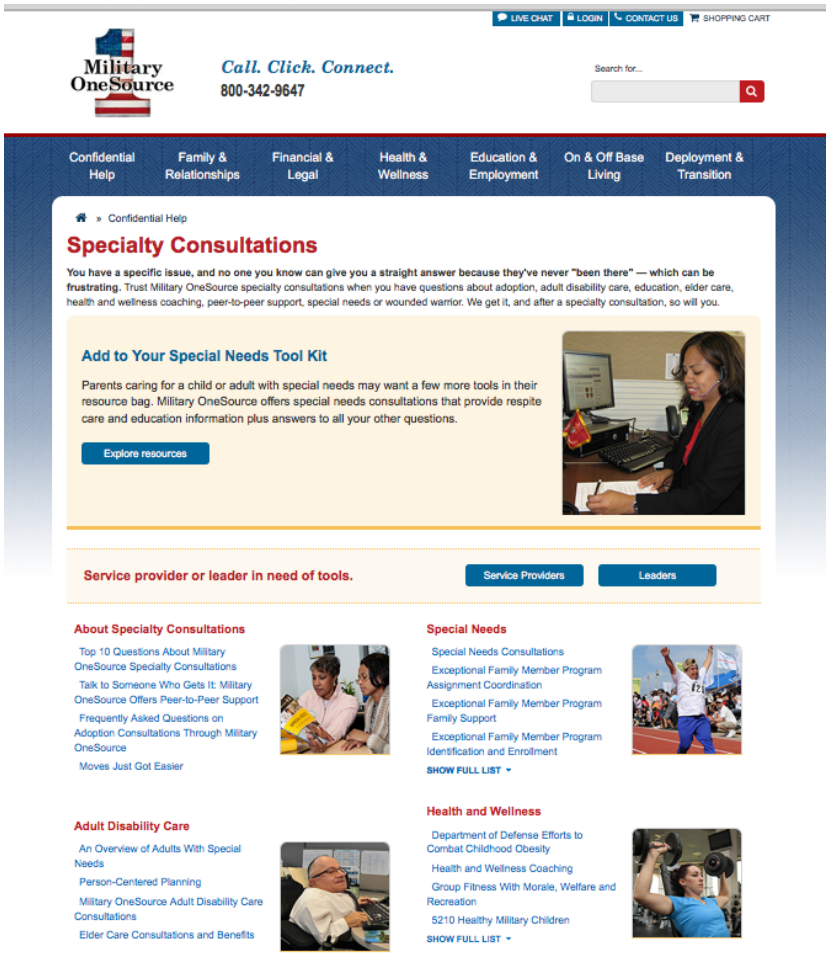
Children and youth are eligible for confidential non-medical counseling services with some guidelines.

- Face-to-face
- Telephone
- Online
- Video

Military OneSource

Specialty consultations

- Adoption
- Adult disability
- Education
- Elder care
- Special needs
- Wounded warrior
- Peer-to-peer support
- Spouse relocation and transition
- Health and wellness coaching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Health & Wellness
Education & Employment
On & Off Base Living
Deployment & Transition
» Confidential Help
Specialty Consultations
You have a specific issue, and no one you know can give you a straight answer because they've never "been there" — which can be frustrating. Trust Military OneSource specialty consultations when you have questions about adoption, adult disability care, education, elder care, health and wellness coaching, peer-to-peer support, special needs or wounded warrior. We get it, and after a specialty consultation, so will you.
Add to Your Special Needs Tool Kit
Parents caring for a child or adult with special needs may want a few more tools in their resource bag. Military OneSource offers special needs consultations that provide respite care and education information plus answers to all your other questions.
Explore resources
Service provider or leader in need of tools.
Service Providers
Leaders
About Specialty Consultations
Top 10 Questions About Military OneSource Specialty Consultations
Talk to Someone Who Gets It: Military OneSource Offers Peer-to-Peer Support
Frequently Asked Questions on Adoption Consultations Through Military OneSource
Moves Just Got Easier
Special Needs
Special Needs Consultations
Exceptional Family Member Program Assignment Coordination
Exceptional Family Member Program Family Support
Exceptional Family Member Program Identification and Enrollment
SHOW FULL LIST
Adult Disability Care
An Overview of Adults With Special Needs
Person-Centered Planning
Military OneSource Adult Disability Care Consultations
Elder Care Consultations and Benefits
Health and Wellness
Department of Defense Efforts to Combat Childhood Obesity
Health and Wellness Coaching
Group Fitness With Morale, Welfare and Recreation
5210 Healthy Military Children
SHOW FULL LIST

Military OneSource

Peer-to-peer support

Relieve your stress by talking to someone who gets it.

- Peer consultants easily relate to and assist participants as they have:
  - Firsthand military-life experience as service members or military spouses
  - A master's degree in psychology or in a social science field
  - In-depth knowledge all Military OneSource services
- Confidential peer support service will not negatively affect your, or your spouse's, career.

Access

Call 800-342-9647

Spouse relocation and transition

- Your consultant:
  - Assesses your needs
  - Creates individualized plan
  - Identifies resources
  - Works with you through the process
  - Schedules time to touch base
- Resources may include information on:
  - Housing
  - Child care
  - Education
  - Work-life referrals
  - Health and wellness coaching
  - Non-medical counseling services

Access

Call 800-342-9647

MilitaryOneSource.mil
with real-time, online chat

Military OneSource

Health and wellness coaching

- Coaches work with participants to help them adopt permanent lifestyle changes by:
  - Assessing where they are
  - Guiding them to set effective goals
  - Motivating the participant
- Focus areas for coaching are:
  - Weight management
  - Diet and eating habits
  - Exercise
  - Passing the PT test
  - Positive life transitions
  - Positive stress management

Access

Secure, live video sessions

Call 800-342-9647

MilitaryOneSource.mil
with real-time, online chat

Mobile solutions

- CoachHub
  - Physical fitness testing
  - Nutrition and weight loss
  - Stress reduction
- MoodHacker
  - Track your moods and related activities
  - Boost your moods with proven activities
- Love Every Day
  - Create new traditions
  - Discover your partner's preferences
  - Rekindle your romance in 21 days

Access

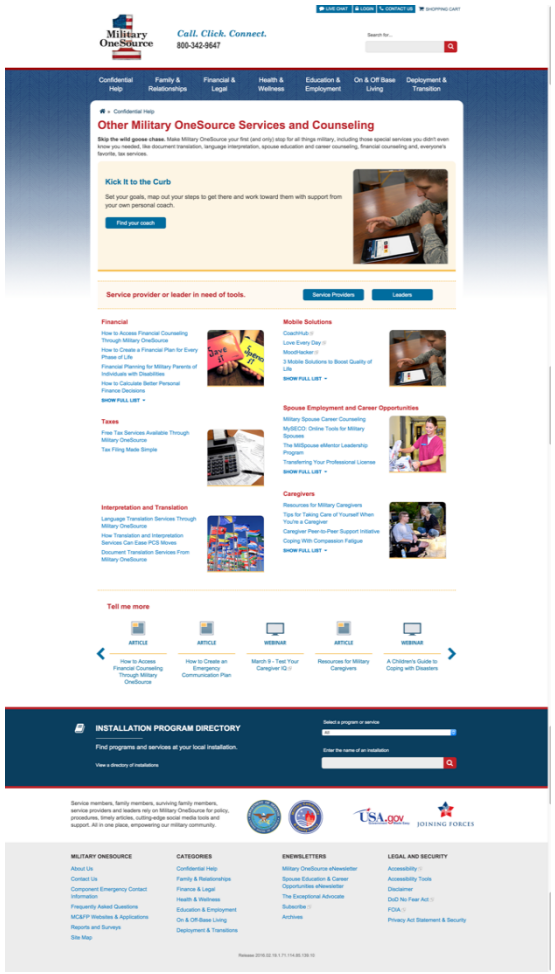
CoachHub
https://coachhub.resilienceboost.com

MoodHacker
https://moodhacker.resilienceboost.com

Love Every Day
https://love.resilienceboost.com

Other services and counseling

- Document translation
- Financial counseling
- Language interpretation services
- Military caregiver resources
- Spouse Education and Career Opportunities counseling
- Tax services



Military OneSource

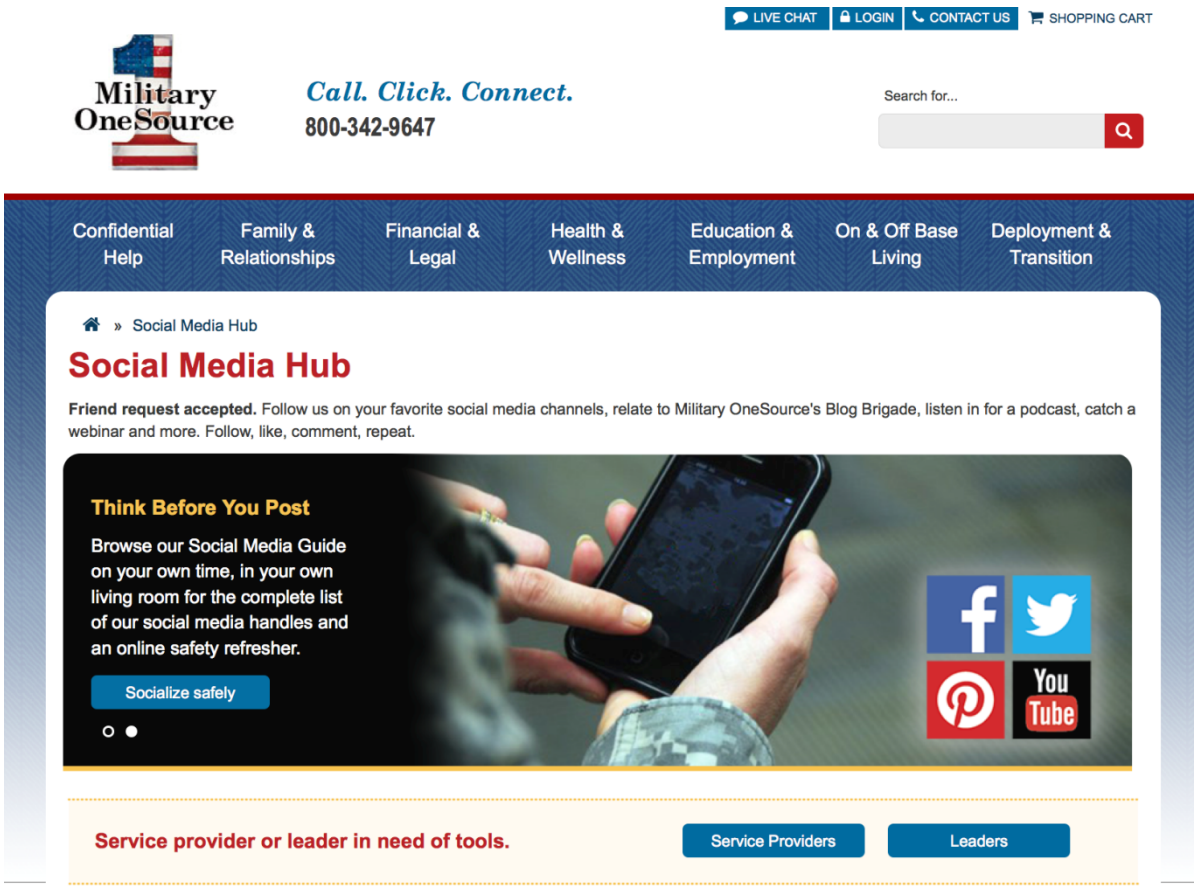
Call. Click. Connect.

Morale, Welfare and Recreation Digital Library

Audio books, e-books, research, tutoring, exam prep, resume builder and more

Military OneSource

Social Media Hub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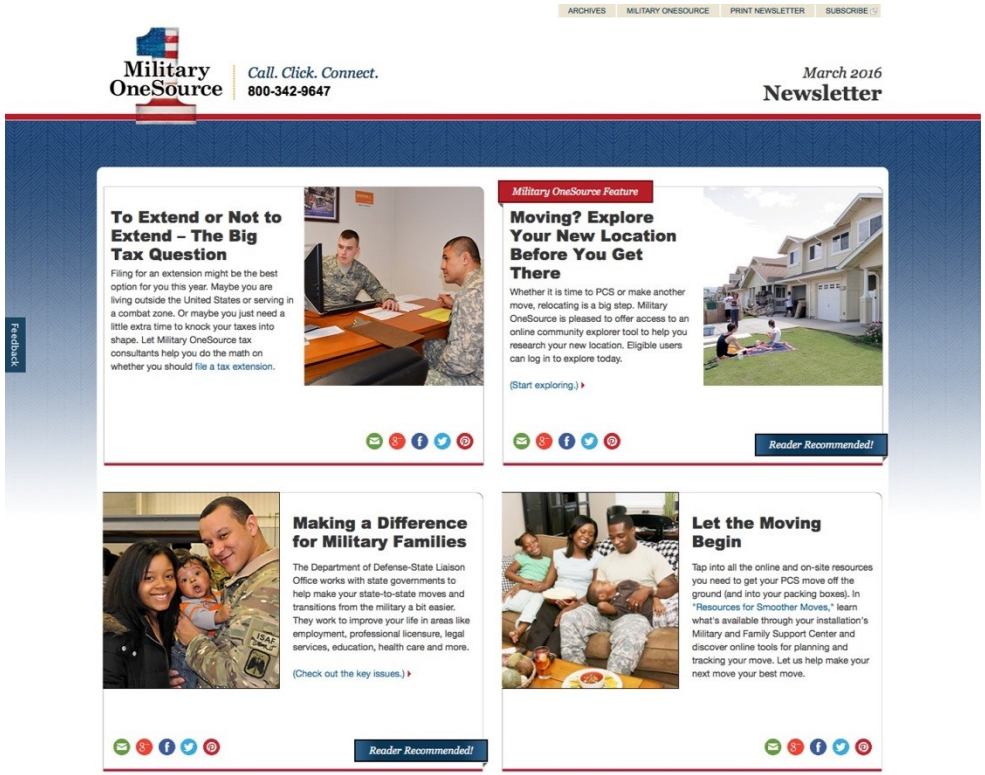
» Social Media Hub
Social Media Hub
Friend request accepted. Follow us on your favorite social media channels, relate to Military OneSource's Blog Brigade, listen in for a podcast, catch a webinar and more. Follow, like, comment, repeat.
Think Before You Post
Browse our Social Media Guide on your own time, in your own living room for the complete list of our social media handles and an online safety refresher.
Socialize safely
Service provider or leader in need of tools.
Service Providers
Leaders

Military OneSource eNewsletter

- Subscribe to the eNewsletter
- View current and archived issues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March 2016
Newsletter
Feedback
To Extend or Not to Extend – The Big Tax Question
Filing for an extension might be the best option for you this year. Maybe you are living outside the United States or serving in a combat zone. Or maybe you just need a little extra time to knock your taxes into shape. Let Military OneSource tax consultants help you do the math on whether you should file a tax extension.
Military OneSource Feature
Moving? Explore Your New Location Before You Get There
Whether it is time to PCS or make another move, relocating is a big step. Military OneSource is pleased to offer access to an online community explorer tool to help you research your new location. Eligible users can log in to explore today.
(Start exploring.)
Reader Recommended!
Making a Difference for Military Families
The Department of Defense-State Liaison Office works with state governments to help make your state-to-state moves and transitions from the military a bit easier. They work to improve your life in areas like employment, professional licensure, legal services, education, health care and more.
(Check out the key issues.)
Reader Recommended!
Let the Moving Begin
Tap into all the online and on-site resources you need to get your PCS move off the ground (and into your packing boxes). In "Resources for Smoother Moves," learn what's available through your installation's Military and Family Support Center and discover online tools for planning and tracking your move. Let us help make your next move your best move.

Access: Military OneSource services

You can expect:

- Free
- Confidential
- Worldwide access 24/7/365
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- A commitment to quality

Toll-free telephone
800-342-9647

MilitaryOneSource.mil
with live chat

MilitaryOneSource.mil

Interaction with trained professionals

Military OneSource